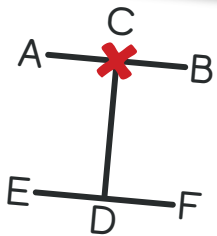


The two Kicks



Reverse Turning Kick
Bandae Dollyo Chagi
+
Reverse Hooking Kick
Bandae Dollyo Goro Chagi

Pattern (Tul)



Joon-Gun
32 Movements

Fundamental Movements



1
L-stance Reverse Knife-hand Outward Block
Niunja So Sonkal Dung Bakuro Makgi



2
Rear Foot Stance Palm Upward Block
Dwitbal So Sonbadak Ollyo Makgi



3
Walking Stance Upper Elbow Strike
Gunnun So Wipalgup Taerigi

Theory

THE ORIGINS AND DEVELOPMENT OF THE MARTIAL ARTS

Mural paintings in tombs along the Nile and the hieroglyphic inscriptions engraved in the pyramids proved that the Egyptians had a form of open hand fighting similar to boxing as early as 3,000 B.C. We also have reports of open hand fighting techniques practiced by the warriors of Mesopotamia and Sumer (3,000 - 2,300 B.C.). Then, we can easily imagine that primitive human beings had to depend on their hands and feet to overcome enemies, animals, and the obstacles to survival found in nature.

As human knowledge and wisdom progressed, these crude fighting methods were gradually and continuously improved. Eventually, they were systematized as martial arts. By the time of the Greek city-states (700 B.C.), boxing, wrestling and other related forms of combat were regular events in the Olympiads. The works of Homer (800-900 B.C.) contains descriptions of unarmed combat, and the Greek philosopher Plato (347-427 B.C.) mentions skiamachia (fighting without an opponent) - a kind of shadow-boxing, which was eventually combined with wrestling and boxing to form pancratium. This was a fighting system in which the whole body was used as a weapon. The Greek practitioners of pancratium were later transformed into Roman gladiators. The gladiatorial games were ferocious sports performed for the entertainment of spectators during the golden age of the Roman Empire. These games were introduced into Germany, Normandy and England after the fall of Rome and subsequently became the basis of modern boxing and wrestling.

It is recorded that some types of open hand fighting were widely practiced in China at an early date. The art of Palgwae flourished during the era of Ju Gong (approximately 200 B.C.) and came to be perfected during the Song Dynasty a thousand years later. Throughout the world numerous styles of hand and foot fighting have been developed, each of which reflects the needs of the time and the varying historical and cultural background of the country where it originated.

In China open hand fighting is called Kung-Fu or Oaeji-Chon ; in India Selamban, ; in France Savate ; in Japan, Judo, Karate or Aikido or Jujitsu ; in Russia Samba ; in Malaysia Bosilat ; in Thailand Kick Boxing; and in Korea it is known as Taek-Kyon, Soo-Bak-Gi and Taekwon-Do. Some of these forms of self-defense are no doubt as old as mankind itself.

It would be virtually impossible to trace hand and foot fighting back to any single beginning.

JOON-GUN: It is named after the patriot Ahn Joong-Gun who assassinated Hiro-Bumi Ito, the first Japanese governor-general of Korea, known as the man who played the leading part in the Korea-Japan merger. There are 32 movements in this pattern to represent his age when he was executed at Iui-Shung prison (1910).